



Life is bittersweet in nature. **Resilience** is the ability to withstand adversity and bounce back from our doubts and difficult life events. **Resilience** is a vital skill to develop in your Wellbeing Toolbox.

3 WAYS TO HELP GROW YOUR RESILIENCE

- GRATITUDE**
- MINDFULNESS**
- EMOTIONAL AGILITY**



List as many things you can think of that you are thankful for:

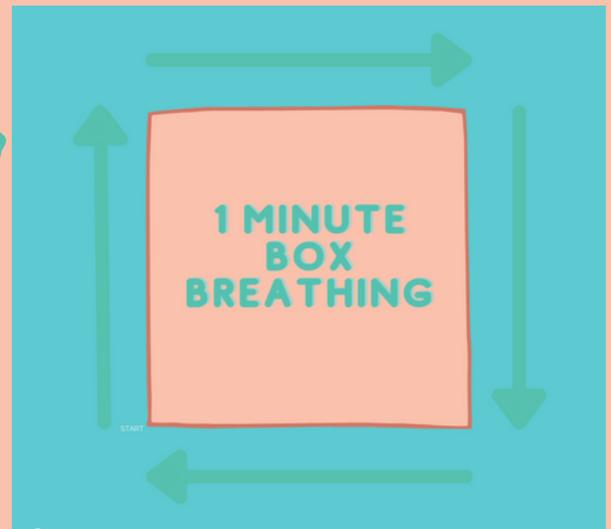
Lined writing area for gratitude list.

A Mindfulness practice can take many forms.

A really useful mindfulness practice to balance wellbeing and develop resilience is **Focused Breathing**.

The **One Minute Box Breathing Technique** is super easy to learn and quickly develops into a healthy habit.

- **START IN THE BOTTOM LEFT CORNER OF THE BOX.**
- **BREATHE IN THROUGH YOUR NOSE FOR 4, FOLLOWING THE SIDES OF THE BOX.**
- **HOLD YOUR BREATH FOR 4, FOLLOWING THE SIDES OF THE BOX.**
- **BREATHE OUT THROUGH OUR MOUTH FOR 4, FOLLOWING THE SIDES OF THE BOX.**
- **HOLD YOUR BREATH FOR 4, FOLLOWING THE SIDES OF THE BOX.**
- **REPEAT THIS PROCESS FOR AT LEAST A MINUTE.**
- **TAKE NOTE OF YOUR CLEAR MIND AND CALM DEMEANOR AS A RESULT!**



SUSAN DAVID PHD'S WORK ON EMOTIONAL AGILITY IS A GAME CHANGER. I HIGHLY RECOMMEND READING HER BOOK, WATCHING HER TED TALK AND FOLLOWING HER ON SOCIAL MEDIA.

HOW TO BUILD Emotional Agility

1. Foster the **courage and compassion** to face your difficult emotions.
2. **Shift perspective**—zoom out to take the broader view.
3. **Let go of "being right."** Choose curiosity instead.
4. **Identify your why**—your values.
5. **Walk your why.** Make daily choices that reflect what matters to you.
6. **Grow.** Take on challenges that push you to the edge of your ability, even when it's uncomfortable.
7. **Be open to change.** Life changes. You change. Know when to grit and when to quit.

EMOTIONAL AGILITY

SUSAN DAVID

CONSIDER THESE SELF-REFLECTION QUESTIONS ABOUT GRATITUDE:



What or who do you think of when you hear the word 'GRATITUDE'?

Do you know of any similar Stories in your cultural heritage about being GRATEFUL?

What are you GRATEFUL for right now as you are reading this?

What would a GRATITUDE practice look like for you?

What could you do in your life to feel more GRATEFUL?

Who could you talk to more about this idea of GRATITUDE?

Are you GRATEFUL for anything in Nature or the Natural World?

Why, or why not?

